1: Burrows--29 (1947-48) Woleaians
271 Ifalik

"Though some of the water in dug wells, or that collected in helmet shells or foreign metal drums, is used for drinking, the juice of young coconuts makes up far the greatest part of the drinking water."

1: Burrows--182 (1947-48) Woleaians
116, 241, 271, 784 Ifalik

"When Tom's wife Lagarajong gave us a demonstration of preparing a bed and planting wot, we all grew thirsty, and Tom cut drinking coconuts for us from a nearby tree. In order to drink them, we had to sit in the clump of coconut trees, which rose like an islet out of the lower land of taro swamp. Tom explained that drinking coconuts on the taro land itself is tabw. This, and the taboo on gardening during menstruation, are the only ones collected in connection with this branch of food production. It would not be surprising if there were a number of others not brought out by my matter-of-fact questions about gardening, and not observed directly because the taro patch is women's territory (though not taboo to men), and we spent only a few hours there."

28: Spiro--8 [3]
116, 241, 262, 271

(1947-48) 1949

Woleaians
Ifalik

"All other foods are starch in content--coconuts, taro, breadfruit, and bananas. Mention should be made of sugar cane, papaya, pineapple, and lime, all of which were introduced since contact, but which are so scarce as to be non-existent for all practical purposes.

The coconut tree yields three different kinds of food. The ripe coconut is eaten as is, or is grated and mixed into the various puddings that the women prepare. But the green coconut is much more important than the ripe, for it constitutes almost the entire liquid supply of the island. Coral atolls, obviously, have no natural water supply, and the rain water that is stored in pits or in tin garbage cans is usually unfit to drink, with the result that the green coconut water provides the one substitute for drinking water on the atoll."